

# What's Happening?

A NEWSLETTER

FOR THE MAINE MEDICAL CENTER FAMILY

## Elderly patients will benefit from new model of acute care

P3CD is now the site for Maine Medical Center's Acute Care for the Elderly, or ACE, Unit. Interdisciplinary team members have geared up for this new model of care over the last year by implementing daily interdisciplinary rounds, developing specific protocols, preparing staff education around geriatric issues, and making a site visit to a nationally recognized ACE unit in Akron, Ohio.

MMC's ACE Unit development is one of the key components of the new Geriatrics program, approved via the hospital's Clinical Services Strategic Planning process. Other components include the initiation of the Inpatient Geriatrics consult service by a team of community and hospital-based geriatricians, the Geriatrics Fellowship program for internal medicine and family practice physicians, and the outpatient Geriatric Assessment Center at the Scarborough campus.

"The focus of the ACE program is to prevent the loss of independence that can occur in the hospitalized elder by maintaining physical and psychosocial functioning despite an acute illness," says Heidi Wierman, MD, Medical Director of the Unit.

ACE UNIT, SEE P.3

## Maine kids can now carry asthma medications

Children with asthma returning to school this fall can now carry their life-saving medications with them at all times, thanks to a new law that went into effect July 1. Maine joined 30 other states that allow 24,000 children with asthma under the age of 18 to keep their asthma inhalers and medicine in their backpacks, right next to their calculators, lunchboxes, and textbooks.

Thanks to the new law, parents and families were better able to help their children return to school with the tools that can mean the difference between life and death for a child with asthma. MMC certified asthma educator and former school nurse Patti Roderick helped pass the new medication law.

Asthma is a chronic inflammation of the airways that is usually treated with a combination of two medicines, one aimed at controlling asthma symptoms from day to day and the other a so-called rescue drug. Before passage of the new law, children could take their asthma medicine and inhalers to school, but access to these measures was often restricted.

According to the American Association of Mothers of Asthmatics, asthma attacks can happen anytime, anywhere — in the classroom, on the playground, or in the lunchroom — so it's important for students to have immediate access to their lifesaving medications. Their website,

ASTHMA, SEE P.2

## Grand Opening of MMC's Career Center

Monday, October 18, 1500-1800 hours

7 Bramhall Street, 2<sup>nd</sup> floor, Room 214

- Need information on how to advance in your current position?
- Ready to do something different at MMC?
- Want to continue your education and need information on where to start?
- Need tips on preparing for an interview at MMC?

**Come see the possibilities! Refreshments & Door Prizes!**

The Career Center is brought to you by the Career Center Dream Team. The dream began in May 2002 at Service at the Center. Now it's a reality with a dedicated location, resources, and a website for all MMC employees to encourage self-discovery of future career goals. College representatives will have information on educational programs with career potential at MMC: Andover College, USM, SMCC, UNE, and St. Joseph's College.

*Career Center Dream Team:* Jackie DeSaint, Pam Craig, Jodi Lerman, Tabor Badger, Kandace Porter, John Mollica, Deanna Voudrie, Betty Harlow, Paul Stern, MD, Linwood Ashton, Irina Yurkevich, Marylou Nesbitt.



## *Improving the Quality of Care for Diverse Populations*

Tuesday, October 19, 0800–1030 hours

Dana Center Auditorium & Classroom 9

Robert C. Like, MD, MS, Associate Professor and Director;

Center for Healthy Families & Cultural Diversity

Department of Family Medicine

UMDNJ-Robert Wood Johnson Medical School

*Learn about the knowledge and interpersonal skills necessary to understand, appreciate, and work with individuals from cultures other than your own.*

To register, contact Penny Savage at [savagp@mmc.org](mailto:savagp@mmc.org)

*Sponsored by Maine Medical Center Department of Family Practice and the Pfizer/AAFP Foundation/Visiting Professorship Program*

## ASTHMA, FROM P.1

[www.aanma.org/cityhall/ch\\_childrights.htm](http://www.aanma.org/cityhall/ch_childrights.htm), offers more information about states allowing students to take their asthma medications to school.

MaineHealth developed the AH! Asthma Health Program to improve the quality of life for children and adults with asthma. This summer's AH! Asthma Camp was co-sponsored by MaineHealth and Anthem Blue Cross and Blue Shield. MMC, Southern Maine Medical Center, and St. Mary's Hospital provided paid leave for staff to volunteer on the camp clinical team. Rhonda Vosmus, RRT, a certified asthma educator at MMC, was the Coordinator of Asthma Camp and Jon Musmand, MD, has now served his 10th year as the Medical Director.

## IMB receives funding for first US-based 4Pi nanoscale microscope

The 4Pi Confocal Laser Scanning Microscope is the world's most advanced optical microscope -- capable of revealing the nanostructure of genetic material within a cell in three dimensions. The first such instrument is now coming to the United States in 2005, thanks to a \$732,624 National Science Foundation grant to a Maine interdisciplinary biophysical research program.

The Institute for Molecular Biophysics brings together expertise in biophysics and engineering at the University of Maine in Orono, molecular and cell biology at the Maine Medical Center Research Institute (MMCRI) in Scarborough, and genetics and genomics at The Jackson Laboratory in Bar Harbor. IMB's goal: to explore the structure and function of genes and chromosomes within cells, in order to understand precisely how genes control both normal development and disease.

Once installed at The Jackson Laboratory, the 4Pi microscope will enable the IMB researchers to examine

specific structures within a cell -- such as a single gene on a chromosome -- at a resolution four to seven times greater than previously possible.

"Astronomers have space-based telescopes like the Hubble Space Telescope to understand the history and structure of the universe," comments IMB co-director Barbara Knowles of The Jackson Laboratory and the University of Maine. "Now researchers in genetics and biology have an advanced tool to examine the very structure of the mouse, human, and other genomes."

The 4Pi microscope is manufactured by Leica Microsystems in Mannheim, Germany, based on technology developed by Stefan Hell of the Max Planck Institute for Biophysical Chemistry in Göttingen, Germany. The "4Pi" designation refers to the unique way in which light is emitted.

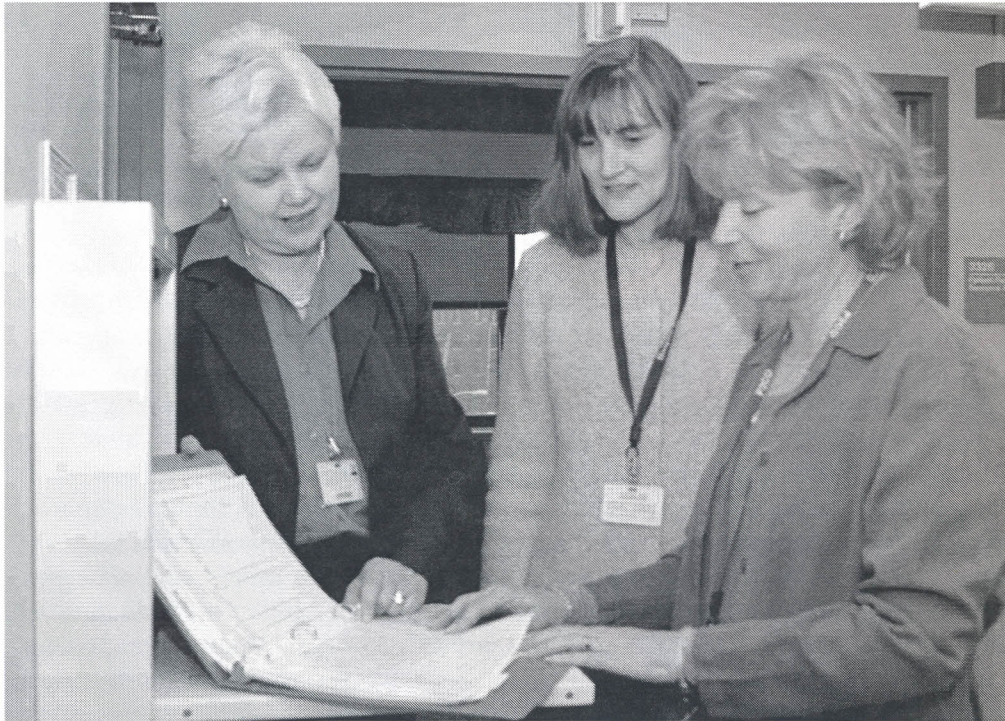
"Imagine looking at a satellite image of your state of such high resolution that you can spot the local college football field," says IMB co-director Michael

Grunze, who holds joint appointments with the University of Maine, The Jackson Laboratory and the University of Heidelberg in Germany. "Now, imagine being able to see the football itself, in 3D. The 4Pi represents a comparable increase in resolution, only on a nanoscale."

"In addition to applications involving imaging of genes and nuclear structure," says Kenneth A. Ault, MD, director of MMCRI, "our researchers are particularly interested in using this microscope to image large, multi-molecular structures migrating within and across the cell membrane. For example, a recent discovery at MMCRI indicates that controlling the migration of fibroblast growth factor can prevent reocclusion of coronary arteries after angioplasty. We are confident that this fruitful collaboration with the physicists in the IMB will reveal many as yet unsuspected discoveries of value to the medical community."

The National Science Foundation grant for the acquisition of the 4Pi also includes funding for a specialized microscopist, most likely a physicist, to analyze samples on the 4Pi. Researchers will be able to send or bring biological samples to the IMB for analysis.





Kathy Nadeau, RN (left), Heidi Wierman, MD, and Andria Moore, RN, look over a patient chart in the new ACE Unit. AV Photo.

#### ACE UNIT, FROM P.1

“Patients who can benefit most from the program are community-dwelling frail elderly who are at risk for developing complications of hospitalization based on

risk factors including cognitive impairment, living alone or with poor social supports, on multiple medications, frequent emergency department visits or hospitalizations, functional impairment,

and malnutrition.”

According to Andria Moore, RN, P3CD Nursing Director, staff on the Unit have developed expertise in geriatric nursing and are excited to be involved with the development of this program. Although P3CD will continue to support the same diverse and multi-generational patient population it currently does, the additional resources and support for their older patients is eagerly anticipated.

The entire interdisciplinary team will participate in a major on-going educational effort centered on the unique needs of geriatric patients. This educational effort will be led by Kathy Nadeau, RN, Geriatric Clinical Nurse Specialist, who will serve as the Clinical Nurse Specialist for the ACE unit. She will work closely with the interdisciplinary team, Nursing staff, ACE patients, and their families.

Patients who meet ACE Unit criteria are community-dwelling frail elders admitted to MMC for medical care. Referrals to P3CD for this program can be arranged by contacting the Unit Charge Nurse at 662-2257.

**Are you registered to vote? Visit [www.newvotersproject.org](http://www.newvotersproject.org) to find & print the mail-in Maine voter registration form.**

#### *Special Screening Day for Women 40 and Older*

**You may qualify for**

**Mammogram • Pap Test • Breast Exam**

**at no cost to you!**

**Early detection is your best protection!!**

**Saturday, October 30, by appointment**

**Locations: Portland, Scarborough, Bridgton, Lewiston**

**For more information, call:**

**1-800-350-5180 Press 1 or 874-8942**

**(Medicare B & Medicaid women not eligible)**

**This special screening day is sponsored by the Women First Coalition,  
Public Health Division, Health & Human Services Department, City of  
Portland and the Maine Breast and Cervical Health Program**

#### **Dialysis Unit News**

Beginning Friday, October 1, Dialysis Unit staff will be responsible for all inpatient Therapeutic Plasma Exchange and White Blood Cell depletion treatments. The Division of Nephrology, with Dr Payson Oberg serving as Medical Director, will administer the program.

All requests for treatments should be made through the attending physician on the consult service Monday-Saturday 0700-1700 and through the attending on call after hours and on Sundays.

Coral Blood Services will continue to perform all outpatient services and inpatient collections.



## Youth develop talents in work settings

MMC's Vocational Services Department 2004 Youth Employment Program completed another successful summer of work August 19. This year's celebration focused on the meaning of work and the belief that work is meant for people of all capabilities. A passage from *The Mind At Work*, by Mike Rose, was mentioned during the ceremony: "we are all equal in being capable of developing our common and various talents and that we have a right to the opportunities for such development."

Since it began more than 20 years ago under the direction of Richard Balser, Director of Vocational Services, the Youth Employment Program has always strived to provide youth with disabilities an opportunity to develop skills and talents. This summer, 22 youth aged 14 to 20 had the opportunity to work at 15 different worksites (11 sites were located in departments at MMC's Bramhall, Brighton, and Scarborough campuses). During the seven-week program these youth worked a total of 2,326 hours, up 442 hours from last year, and earned a total of \$14,539.63, increasing by \$2,288.75 over last year; the wages were funded in part by the Training Resource Center.

Thank you to this year's employers:

Family Birth Center  
Central Supply & Distribution, Bramhall  
Employee Health  
Food and Nutrition Services, Bramhall  
Health Information Management  
Impressions Cafe  
Purchasing  
Central Supply, Brighton  
Food and Nutrition Services, Brighton  
Food Services, Spring Harbor  
MaineHealth Learning Resource Centers  
Amatos St. John Street  
Another Dog Day  
Cumberland Legal Aide Clinic  
East End Children's Workshop

## Shining On

*The "Shining Lights" employee team continues to hear about staff whose heartwarming and inspirational actions provide not just the clinical care our patients expect, but the compassion and dignity they need.*

*Please share experiences you have had or heard about. Send stories about staff who touch the life of a single person or affect our community in special ways to Tracy Armitage, [armitt@mmc.org](mailto:armitt@mmc.org). You can view all of the Shining Lights stories on the intranet.*



One of our pediatric nurses, Robin Holmgren, has worked closely with "Jamie", a teenage patient on our unit. Jamie has had frequent hospitalizations because of a chronic illness. He has had many disruptions to his life in general. Everyone on Peds knows what an avid Yankees fan Jamie is and he is often seen wearing his NY Yankee cap.

Robin also knew that Jamie had never had a chance to see New York or attend a Yankees game. She secretly arranged and paid for tickets to a June 3rd game and surprised Jamie! She also made special arrangements to have Jamie "tour" the ABC TV truck outside the stadium, located in the players' parking lot. During the tour, Jamie watched as many of the players came to "work" in their fancy cars! Besides the game, Jamie, Robin, and friends visited Times Square, rode on the subway for the first time, went to Monument Park, and out to dinner.

It was a truly memorable time for Jamie -- days he will never forget. When I spoke with Jamie recently, he smiled broadly as he said, "It was the coolest time I have ever had." Thank you, Robin, for making Jamie's life a bit brighter and for all your generosity!!

--Louise S. Barton, RN, Nurse Manager  
Barbara Bush Children's Hospital at Maine Medical Center

## MMC staff help make KYDS Festival a great success

For the third year in a row, MMC participated in the KYDS (Keep Your Days Safe) Festival held September 12 in Deering Oaks Park.

Organized by the City of Portland Parks and Recreation Department, the festival helps parents and kids receive useful information about child safety-related issues, including important health information.

MMC's displays were created and sponsored by Kids CO-OP, the Pediatric Clinic, BBCH Inpatient Unit, MaineHealth Learning Resource Centers, Maine Childhood Poison Prevention Program, Greater Portland Pediatric Associates, and Nutrition Services.

"We had a great time and the departments really worked well together," says Ann McPhee, RN, Nursing Director, Outpatient Department.

The nine display tables offered information on dental hygiene, including a

visit from the "Tooth Fairy"; a triage station that demonstrated some hospital procedures and injury prevention; and information on lead poisoning, eye safety, and ideas for nutritious school lunches and snacks. Kids also had a chance to play a Jeopardy-style safety game, with prizes from the Barbara Bush Children's Hospital.

"It was a fun, educational day for children and families," said Jodi Widor, RN, one of the organizers. "The staff worked really hard and they deserve a lot of recognition."

McPhee added that the festival was a great way to showcase the various prevention programs MMC offers. "It's important to get the word out to the community about the wonderful things going on in the clinic system around prevention and education," she said.





Employees at all MMC campuses will soon notice posters announcing 2005 Annual Open Enrollment. This year, Open Enrollment will be from November 1 through November 30, with benefit fairs scheduled at all MMC campuses. During Open Enrollment, employees can add or drop dependents, change health plans, or make any other changes they wish to their employee benefits. In November, employees will use the Lawson Self-Service on-line benefits enrollment system to make their changes. Lawson "super-users" will be available in most departments for employees who need help with the on-line process. Be watching for more information which will follow as details unfold.

#### **Employee Benefit Plan Review**

As we enter the last quarter of 2004, you may wish to review your current benefit plans to determine whether you can take advantage of any last minute tax-savings for 2004, as well as get any claims in order to submit to any of the benefit plans. Some questions to ask yourself: 1) Can I take advantage of putting more pre-tax money into my 403(b) plan? 2) Do I need to increase federal or state tax withholding for the last quarter of the year in order to minimize potential tax liability for 2004? 3) Do I have receipts for expenses which need to be submitted to Combined Services for health or dependent reimbursement plans; or outstanding Anthem or Delta Dental expenses which need to be filed with those insurance carriers? It may also make sense to begin thinking about changes you want to make in your benefit plan for 2005, since Annual Open Enrollment is around the corner.

#### **Retirement Planning Information Series**

The Employee Benefits Office will sponsor a series of three one-hour informative overviews on the retirement

benefits available to MMC employees. The series will begin with MMC Pension Planning 101 on Thursday, November 4, in Dana Classroom 4, from 1500 to 1600 hours. This session will familiarize you with the basics about the MMC Pension Plan, retiree health insurance, and the 403(b) plan. A brief overview of Social Security and Medicare will also be provided.

Session 2, to be held Wednesday, November 10, from 1500 to 1600 hours in Dana Classroom 4, will focus on Social Security and Medicare. A representative from SSA will discuss both programs and how and when to apply for benefits. Ample time will be allowed for questions.

The last session in the series will be held Thursday, November 18, from 1500 to 1600 hours, in Dana Classroom 9, and will present 403(b) options upon retirement. Jenny Billings from the local office of Lincoln Financial Group will be the instructor for this program.

Employee Benefits staff hope as many MMC employees as possible will try to attend this valuable series on these important benefits.

#### **2003 Summary Annual Reports**

Refer to the Benefits Link webpage on MMC's Intranet to access your "summary annual report" of plan activity and financial information, for the following benefit plans: 1) MMC Group Life Insurance Plan, 2) MMC Group Long-Term Disability Plan, and 3) MMC Medicare Supplement Plan. The Medicare Supplement Plan is a retiree plan, and those individuals will be mailed a copy of the SAR to their home address.

#### **403(b) Retirement Plan**

New employees and employees who are not-so-new may wish to attend the 403(b) presentation/information sessions held monthly in the Dana Center to review plan fund options, details of how the plan works, etc. The October information session will take place Tuesday, October 5, 0800-0900 hours, in Dana Classroom 5. Our Lincoln Rep, Jenny Billings, is also available to

## **Rehab services help patients return to their lives**

Wendy Osgood, Director of Rehabilitation Medicine, says many people don't realize that Rehab staff begin working with patients the moment they arrive at the hospital. "We work with every unit of the hospital, from the Emergency Department to Pediatrics and the Special Care Unit," she says. "We start to work with the patients immediately to figure out what they will need to get back to their lives."

The division offers psychiatry, physical therapy, occupational, and speech therapy and they work hard to coordinate their services with discharge planning. Staff assess whether patients have the mobility and self-care skills necessary to return home safely following an injury or illness. In addition, staff work with patients while they are hospitalized to improve their function in preparation for discharge to home or other settings.

According to Osgood, the staff of 60 "gels" really well and new members appreciate the experience and knowledge of long-time members. Rehab services are available every day.

Rehabilitation Medicine staff celebrate National Rehabilitation Week September 20-25. Osgood says the week is a good opportunity to recognize members of the department internally and thank them for their contributions to patients. She would also like to promote awareness of the division and the services offered.

For more information about the Division of Rehabilitation Medicine, you can visit their website at [http://www.mmc.org/mmc\\_services/rehabdefault.htm](http://www.mmc.org/mmc_services/rehabdefault.htm), or visit their Intranet site, where you can read staff bios and find links to other rehab organizations.



## Does your teenager suffer from depression?

The Pediatric Affective Disorder Services at Maine Medical Center is conducting a study of adolescent depression.

The focus of this investigational treatment is on helping adolescents who did not respond to prior antidepressant medication.

Qualified participants will be followed intensively and will receive compensation for biweekly research meetings.

*For more information about this study*

**Please call us at (207) 662-5287**

**Pediatric Affective Disorder Services**

## September: National Gynecologic Cancer Awareness Month

Now is the time --

- to be sure you make an appointment for your annual screening
- to be aware of your body
- to learn what you should know about gynecologic issues and cancers

*Please remember your annual appointment!*

## The Best of Friends

The Friends of Maine Medical Center cookbook is a collection of favorite recipes from MMC employees, local restaurants, local television news personalities, Senators Susan Collins and Olympia Snowe, Former First Lady Barbara Bush, Governor John Baldacci, and Olympic gold medalist Ian Crocker. The Best of Friends Cookbook is one everyone will enjoy. There are heart healthy, "celebration", low calorie, grilling, and "Kid's Korner" recipes.

Cookbook order forms are available in the Volunteer office. If you would like to purchase a cookbook, please complete an order form and leave it with your payment of \$22 in Volunteer Services. The books will be delivered there each Friday.

## CNA courses offered in January and March

Offered by MMC, the CNA program is a 10-week day-time course. Students will be eligible to take the state exam at the end of the course. An information session for these classes will take place Monday, October 18. Interested individuals must obtain an application packet from Beth Turner at 662-2972.

### EAC Bus Trip to Boston

**Saturday, December 6**

**\$18 per person**

**Contact Marian, 871-6018.**



## BENEFITS, FROM P.5

meet with you individually. You may contact Jenny at 774-1113.

### Decision-Making Model Workshop & Guest Speakers with Lessons Learned

The next decision-making workshop for managers will wrap up with a panel of guest speakers who have used the model. Come hear their lessons learned and ask questions.

*October 15, Dana classroom 4*

*0930 – 1100 hours: workshop*

*1100 – 1200 hours: guest panel*

This workshop offers two options:

- Come for the entire workshop if you have not attended. You will learn how to use: 1) MMC's Decision-Making Model, 2) The Authority/Accountability Matrix, 3) The Decision-Making Planning Tool.
- Come for the last hour only, if you have attended the workshop, but would like to hear the guest speakers or ask questions.

*To register: email "HRTraining".*

### Hiring for Success: Advanced Interview Skills

- Want to "read between the lines" of a resume?
- Need to know if the candidate is the kind of leader others will follow?
- Does the candidate have the right skills to contribute to your team's morale?

*October 18 and December 7*

One of the biggest challenges faced by managers is the "how to" of selection interviewing. The interview is the key ingredient in most selection decisions and yet most hiring managers can only answer the above questions after investing considerable time and money into a new hire.

The Advanced Interview Skills workshop will show you how to structure an interview, after an analysis of all the skills needed (job specific, interpersonal and leadership) for successful job performance.

See the Fall Learning Opportunities Catalogue for details. *To register: e-mail "HRTraining".*



# Marketplace

So everyone has an opportunity to use Marketplace, ads may be placed *once*. Repeats are permitted as space allows.

## FOR SALE

Trek 1000 ladies bike. Exc cond, gears/brakes, extra tube inc. \$400, paid \$800. Call 799-4547.  
Box-style woodstove. Decorative door. \$100. Call 767-9119.

Working Maytag washer. \$75. Call 767-9119.

2 leather swivel recliner chairs. Aqua, good cond. \$225 ea. Call 767-9119.

Bowflex Power Pro home exercise gym. Like new. \$700. Call 797-9666.

3/4 size acoustic guitar, steel strings, fixed bridge. New case, tuner. \$75 or BO. Call 878-9410 after 5pm.

Craftsman riding mower. 19 1/2 hp, 42" cut. Call 797-8328.

Evinrude, 40hp, push mower. Call 797-8328.

Treadmill w/ incline & pulse check. Good cond, low miles. \$200. [haskew@mmc.org](mailto:haskew@mmc.org).

NordicTrack. Great cond, little use. \$150. MMC pick up negotiable. Call 222-2315.

Gemeinhardt flute, case, music stand. Silverplate, ideal for student. \$200. [anderkat@mmc.org](mailto:anderkat@mmc.org).

Walnut adjustable kitchen table & chairs. Perfect cond. \$100. Call 799-3042

Elec. stove, great cond. \$65. Call 799-3042.

Haier dorm fridge, \$50. Football shoulder pads, size lg, \$100. Cranberry hockey stick, \$30. Nordic Track chair exerciser, \$25. Call 854-4808 or 332-2245.

1998 XR70 dirt bike. Exc cond, 4 stroke, low usage, prob free. \$800 or BO. Call 749-1608 or 892-5435.

1992 Ford LXT, F150 pickup. 3.5 engine. \$3,500 or BO. Call 445-2853.

1993 Toyota Camry. Auto, power pkg, exc cond. \$4,500. Call 892-6897 or 871-6395.

1985, GMC full size truck. 170k mi, very reliable. \$700 BO. Call 926-5063.

1999 Isuzu Rodeo, V6, 4x4. Loaded, sunroof, hitch. New tires, brakes, rotors. 59k mi. \$9,850 or BO. Call 590-1115.

13' Peapod boat. Cedar lapstrake, great cond, new paint, 2 yrs old, 115mi. \$2,800 or BO. Call 882-4022, 985-3452 or [ellendoula@adelphia.net](mailto:ellendoula@adelphia.net).

1995 Pontiac Bonneville. Exc cond, leather, PS/PW, abs, tilt wheel. \$3,600. Call 883-5821.

1999 Subaru Outback wagon. 5 spd, 4WD, roof rack, sound system. Good cond. Tires 1YO. 70k mi. Clean. NS. \$9,300. Call 772-3720.

1993 Honda Accord. 4dr, 5 spd, clean, garaged, svc rec'ds avail. \$2,195. Call 846-4652.

1992 Mitsubishi Eclipse. FL car, 184k hwy mi, auto, sunroof, remote starter, rims, \$1,000. Minor work, must see. Call 871-2416.

1995 GMC, 4x4, Z71 pickup. Loaded, 350 engine, AC, ext cab, cap. Call 797-8328.

1992 Ford, conv van, Mark III, 302. Auto, air, color TV & VCR, white & blue. Call 838-9926.

1992 Ford Aerostar van. Auto, air, red, seats 7. Call 838-9926.

1982, 26' motor home. Class A, generator, 454 chassis, full BA, K. 60k mi. Call 838-9926.

1999 Mercedes, E320. AWD, prem sound, sunroof, Xenon headlights. Great cond, 57K mi. \$20,000. Call 767-5308 after 7pm.

1992 BMW 525i. Loaded, runs well, 153K mi. \$5,500 or BO. Call 767-0923.

2000 Mitsubishi Eclipse GT. 5spd, sunroof, alloy wheels, suspension. 34k mi, like new. \$10,500 or

BO. Call 774-1477 or [kellyl@mmc.org](mailto:kellyl@mmc.org).

1993 Dodge Caravan, V-6. 88k mi, forest green, clean. \$1,995. Call 939-3407 after 7:30pm.

1989 Toyota MR2, 108k mi, no rust. Racing wheels & tires, stock wheels, access. Needs minor work. Exc cond. \$4,500. Call 761-6588.

2002 Merc 15hp 4 stroke long shaft. Low hrs, fresh water, trans 5yr warranty. \$2,800. Call 839-5441.

1999 Audi 2.8 Quattro. Alloys, CD, exc cond. 66k mi. \$15,300 or BO. Call 831-7235.

N. Deering. 2 BR, 1.5 BA townhouse. LR, DR, K, bsmt. New appliances, yard, patio. Pets OK. \$169,900 + \$110 condo fee/mo. Call 781-2856.

Cumberland 3BR cape. FR, wd stove, den. New roof, quiet area. \$246,500. [Choffman@northcenter.com](mailto:Choffman@northcenter.com).

## FOR RENT

OOB Townhouse. 2BR, 1 1/2 BA, 2 decks w/marsh view, W/D, new appliances. Walk to beach. \$900/mo. Call 934-0665.

E Prom condo. 9 furn rms, bay & ocean views, deck. Avail 10/10—7/1. \$1,600/mo + utils. Call 797-0743.

2 BR condo, Munjoy Hill. Pkg, W/D on site. NP. NS. \$1,000/mo heat, water & garbage incl + sec dep. Call 838-5310.

West End. 1BR, sunny, K, deck, courtyard, pkg, W/D. Avail til 6/30. \$875/mo incl heat & elec. Call 831-1986 eves or weekends.

SPtld. Two 2BR apts near Willard Beach. By week or month. Call 772-4146.

SPtld. Lg 2BR, clean, quiet, 2 car pkg, hdwd, lg yd & close to Ptd. NS. Avail 11/1. \$975/mo + utils & sec dep. Call 831-5126.

Deane St, Ptd. 2BR, quiet, priv, hdwd, deck, W/D hookup. \$965/mo+ utils. Call 885-5862 after 5pm.

2 BR, Bramhall St. LR, BA & DR, K area. Pkg, laundry, strg. \$950/mo, heat incl. Sec dep & lyr lease. Pets negot. Call 332-3682.

22 Dow St. 1<sup>st</sup> floor, lg 2/3 BR, LR, DR, W/D hookup, hdwd. New paint. \$1,095/mo+ sec dep, refs. Call 318-1948.

SPtld. 2<sup>nd</sup> floor, 2 BR, LR, DR, K, full BA. Oil heat, storage, W/D hookup. \$1,000/mo + sec dep. Call 799-1813.

Updated 2 BR condo. W/D, gas heat, 1<sup>st</sup> floor. NS, NP. \$850/mo+ utils. Avail now. Call 590-3515.

New condo, Pine Pt. 4 levels, 3-4 BR, 2 LR, K, W/D. Beach views, pool, fitness area. \$2,300/mo, avail 11/1. Call 879-4241.

Ptd. 3 BR. Sunny, updated BA, K, appliances. Yard, laundry. NS, NP. \$1,175/mo+utils. Call 829-8051.

N Deering. Quiet, 2 BR condo. Incl K-1 heat, W/D, bsmt, pkg. 10 min to MMC. NS, NP. \$950/mo+ sec dep. Avail 11/1. Call 282-2676 after 5pm.

Westbrook. 2 fam, quiet area, 2nd floor. Hdwd, W/D hookup, yard, garage. NP. NS. \$875/mo+ sec dep, H/ HW incl. Call 767-4622 or [sdubois3@maine.rr.com](mailto:sdubois3@maine.rr.com).

Walk to Ft Williams. 3BR, 1 1/2 BA, 2 fplc, quiet, wooded, X-country trails. 15 min to Ptd. \$1,700/mo +utils. Call 879-9590.

S Ptd, airport area. 2 BR, 1BA, ranch w/fplc, garage & deck. Avail 10/1. \$1,200 + utils. Call 879-9590.

Lg 2/3 BR, gas heat, hdwd, ocean view, 2 mi to MMC. NP. \$900/mo, refs, sec dep. Call 807-7499.

Winter St., West End. Quiet, 2-3 BR, lg K, BA, 2 floors. New paint, pkg, utils, some heat incl. Avail 9/15. \$1,000/mo. Call 773-6511 AM, 883-8812 PM.

Cape Eliz ranch. 3BR in prof neighborhood. NP. \$1500/mo+ utils. Call 799-2581.

Windham. 3BR, hdwd, W/D hookup, oil heat. NS, NP. \$1,200/mo+ utils, sec dep, refs. Call 642-3586.

S Ptd home. 3BR, 2BA, lg finished basement, hdwd,

The deadline for the next newsletter is the first Wednesday of the month.

To submit an item, send it by mail to the Public Information Department, by e-mail to [marketplace@mmc.org](mailto:marketplace@mmc.org), or by fax to 871-4094.

Look for Marketplace on the Intranet under News & Events.

D/W, W/D, garage. Fenced yard. \$1,400/mo, sec dep, pets negot. Call 510-823-7176.

Ptd bi-level condo. Updated, 1 1/2 BR, exposed beams. Pkg, secure bldg, gas heat. NS. \$895/mo+ utils. Sec dep & ref. Call 865-1184.

Spacious 3 BR, duplex house. Hdwd, storage, porches. 2 mi to MMC. \$1,175 heat & HW incl. Avail 9/1. Call 772-1733.

E Prom. Quiet, safe, updated 2BR. Water views, hdwd, W/D in priv laundry room. Cats OK, no dogs. NS. \$1,025/mo + utils. Call 797-9795.

Cumberland duplex: 4 BR, 2 1/2 BA. \$1,500/mo. OR 3 BR, 1 1/2 BA. \$1,200/mo. Both: garage, W/D hookup, yard, htd pool. Utils not incl. Long term lease. Call 883-0688.

4BR + playroom in great area. \$1,600/mo + sec dep & refs. Pets considered. Call 712-4058.

E Prom, 74 Atlantic St. 2BR, updated K, view, deck, pkg, yard. NS. \$940/mo, heat & HW incl. Call 774-7192.

E Prom, 49 O'Brien St. Quiet, updated, 2BR, hdwd, view. Cats OK, no dogs. N/S. \$1,025/mo + utils, W/D incl. Call 797-9795.

Saco duplex. 3 BR, yard, lg deck. \$1,000/mo. Call 294-7300.

E Prom, renovated hist condo. 1BR, hdwd, water view, pkg. \$795/mo + utils. Call 749-6805.

Ptd, West End. Quiet, prof bldg, near MMC. 1 BR, BA, DR, LR, den. Onsite W/D, pkg. \$875/mo + utils. Call 665-2130.

## ROOMMATES

Share sunny 2 BR, E Prom. Hdwd, water views, walk downtown. Avail 11/1-2/1. \$415/mo+ oil & elec. Call 232-5701.

SPtld: Prof, resp F w/pets seeks NS F. 2 rms, pkg, yard, W/D, W/D. Storage, near buses. No dogs. \$500/mo+1/2 utils & dep. Call 749-5367.

Lg 3BR, 1BA in Ptd. Walk to MMC, owner occupied bldg. NS, pets negot. \$400/mo, heat incl, mthly lease OK. Avail now. Call 874-7430.

Cape Eliz. 1BR w/ shared K & BA. Quiet household. \$350/mo, negot. Call 799-0448.

Prof F or graduate to share small cape, Saco. 2 BR, 2 BA, W/D, residential area. Owner occ, NS. \$450/mo utils incl. Call 286-9715.

Ptd condo to share w/F owner. H/HW, W/D, D/ W, internet access. \$550/mo. Call 653-5732.

S Ptd. Furn BR in cozy home. Share K, bsmt, W/D. Quaint, central location. Pkg avail. \$500/mo incl utils. NS, owner has 3 cats. Call 761-8363.

2 rms & BA in priv home. Quiet area, near beaches. NS, pkg. \$400/room w/priv BA. Call 767-3606 or 885-7727.

MORE ADS, SEE P.8



## What's Happening?

### at Maine Medical Center

- Oct. 3 SCM Open Forum Workflow meeting, 1100 hrs, Dana #1.
- Oct. 4 Nursing Research Conference, Dana Center.
- Oct. 11 Columbus Day.
- Oct. 27 Spirituality & Health: The Forgotten Dimension, Dana Auditorium, 0800-1200 hrs. Call 662-2951.
- Oct. 31 Daylight Savings Time ends.
- Nov. 2 Election Day. Don't forget to vote!
- Nov. 5 Outreach Education Council presents Psychobehavioral Issues in Acute Care, 0800 -- 1600 hrs. Call 662-2290 or bowdoa@mmc.org.
- Nov. 11 Veteran's Day.
- Jan. 3 Research Forum 2005, abstracts due. Call 662-7049.

### MORE ADS, FROM P.7

Ptld, East End. Priv, semi-furn, hdwd, storage. Walk downtown, near buses. \$650/mo or \$750/mo incl all. Sec dep, refs. Call 415-3198.

S, NS, F, Cape Eliz w/short term rental. Furn BR, shared K and BA. Quiet, clean. \$125/wk or \$450/mo. Call 799-3042.

Breakwater, SPtld. Prof 31 YO F & 2 cats seek similar to share 2BR condo. BR, lg closet, W/D, D/W, pkg. \$495/mo + ½ utils. Call 233-5307.

F prof to share owner occupied home, Falmouth. Near ocean, priv, furn BR, BA, pkg. \$600/mo incl utils. Call 781-4515.

## CHILD CARE

Exp & cert babysitter for toddler. Up to 20 hrs. Mature, honest, trustworthy & communicative. Refs & car needed. NS preferred. Call 871-3385.

## SERVICES

Carpenter avail for decks, additions, garages & full restorations. Fully insured. 40 yrs of combined exp. Call 423-7854 or 838-0346.

Website design. *Not to be used for MMC business.* ssilvers@maine.rr.com, silves1@mmc.org or call 761-2534.

PC set-up, troubleshooting, software training (MS Office, Internet Explorer, etc.) database & custom report development. Email losdunde@hotmail.com

CNA w/room in home. 13 yrs exp. \$1,500/mo (private pay) incl BR, meals, laundry, bathing facility, rides to appts. Call 625-7124.

## WANTED

Clean fill or loam. Delivery not required. Email losdunde@hotmail.com.

Ride needed daily from Limington to MMC & back. 11:30-7:30pm shift. Call 637-2837.

*The MaineHealth® Family*



This year's Junior Volunteer effort enjoyed the involvement of 108 teens, in both the summer and year-round programs. These volunteers work in some areas that might surprise you. Brighton Surgical Center, Patient & Family Services, Developmental/Behavioral Pediatrics (Falmouth), R7, and R9W were some of the 16 departments benefiting from Junior Volunteer help. You probably encountered Juniors on their way with flowers to patients, or serving you lunch in the Coffee Shop. All told, our Juniors gave MMC 7,092 hours over the past year! AV Photo.

Learn more about MMC's Medical Explorer Post 22:

[http://www.mmc.org/mmc\\_community/explorers.htm](http://www.mmc.org/mmc_community/explorers.htm)

## MMCRI Basic Research Open House

Friday, October 29, 1400 hours, 81 Research Drive, Scarborough

Overview of research programs • Researcher presentations • Demonstrations

Internship information • Graduate program information • Tours

RSVP to Norma Albrecht at [albren@mmc.org](mailto:albren@mmc.org)

## Ramadan: October 14 -- November 13

Recommendations to consider during the Muslim Holy Month:

- schedule morning appointments for Muslim patients
- postpone elective procedures until after Ramadan
- discuss medication schedules with patients who fast during daylight hours

To learn more, attend the workshop *Ramadan: Patient Care During the Muslim Holy Month*, Wednesday, October 6, 1000-1100 hours, Dana Classroom 2.

*What's Happening?* is published the third week of the month at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.